

## Honey Spiced Almond Trail Mix

*Recipe by Chef Marvin Woods*



**Yield:** Makes about 4 ½ cups

**Preparation Time:** Approx. 20 minutes

### Ingredients

2 tablespoons canola oil  
3 cups raw, unsalted almonds  
½ cup honey  
⅛ teaspoon smoked paprika  
⅛ teaspoon ancho chili powder  
¼ teaspoon nutmeg  
¼ teaspoon cinnamon  
¼ cup chocolate chips  
¼ cup white chocolate chips  
½ cup dried cherries  
½ cup finely chopped dried apricots

**Instructions:** Preheat oven to 350°. Heat a large sauté pan on high, and add the canola oil. Add the almonds to the pan and toast for 1 minute stirring often. Then reduce heat to low. Add the honey and cinnamon and stir to coat evenly. Spread the almonds evenly on a baking sheet lined with parchment paper. Bake at 350° for 15 minutes or until golden brown. Cool completely. In a large bowl combine the chocolate chips, white chocolate chips, dried cherries and dried apricots. Add the honey-spiced almonds and toss together. Store in a sealed container for up to 2 months.

### Total Nutrition Facts (per serving)

Calories:	208
Total Fat	12.9g
Saturated Fat	1.7g
Trans Fat	0.11g
Cholesterol	0mg
Sodium	4.6mg
Total Carb.	21.3g
Dietary Fiber	3.5g
Sugars	17.2g
Protein	5.2g